

HOSAUNA HM1-A01

HOSAUNA Far Infrared Sauna HM1-A01 Instruction Manual

Model: HM1-A01

1. SAFETY INFORMATION

Before operating your HOSAUNA Far Infrared Sauna, please read and understand all safety instructions. Failure to follow these instructions may result in injury or damage to the product.

- **Electrical Safety:** Ensure the sauna is connected to a properly grounded 110V-120V AC outlet. Do not use extension cords. All electrical components are UL certified and meet CE standards.
- **Placement:** Install the sauna on a level, stable surface indoors. Ensure adequate clearance around the unit for ventilation and maintenance.
- **Temperature:** The sauna operates between 15°C to 65°C (59°F to 149°F). Do not attempt to exceed the maximum recommended temperature.
- **Medical Conditions:** Consult a physician before using the sauna if you have any medical conditions, are pregnant, or are taking medication.
- **Children and Pets:** Keep children and pets away from the sauna during operation.
- **Flammable Materials:** Do not place flammable materials inside or near the sauna.
- **Water:** Avoid spilling water on electrical components. This is a dry sauna.

2. PRODUCT OVERVIEW

The HOSAUNA Far Infrared Sauna HM1-A01 is a single-person indoor sauna designed for home use. It features low EMF technology, 7 graphene heating panels, and is constructed from premium Red Okoume wood. The sauna includes a tempered glass door, built-in speakers, an air vent, and LED lighting for a complete relaxation experience.

HIGHLY ADVANCED INFRARED SAUNA TECHNOLOGY



Rapid Heating And
Heat Retention



Exquisite Craftsmanship



Simple Installation And
Easy To Use



Can Be Timed

Image 2.1: Overall view of the HOSAUNA Far Infrared Sauna HM1-A01.

Key Features:

- **Dimensions:** 32 x 32 x 63 inches (L x W x H)
- **Power:** 1080W, 110V-120V
- **Heating Elements:** 7 graphene efficient heating panels
- **Material:** Red Okoume wood with oil-based varnish finish
- **Temperature Range:** 15°C to 65°C (59°F to 149°F)
- **Features:** Tempered glass door, Bluetooth speakers, LED lighting, intelligent control panel, air vent.

DESIGNED FOR COMFORT, BUILT TO LAST

Premium Okoume For a Safe And Luxurious Experience



Image 2.2: Internal features including the intelligent control panel, reading lamp, dual Bluetooth speakers, louver, and foot heating elements.

3. SETUP AND ASSEMBLY

Assembly of the HOSAUNA Far Infrared Sauna requires two people. Follow the steps below carefully. An installation video is provided for visual guidance.

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Video 3.1: Installation video for the HOSAUNA Far Infrared Sauna, demonstrating step-by-step assembly including floor panel placement, backboard and side panel mounting, seat plate and pedestal installation, wiring connections, door panel attachment, top plate installation, and door handle assembly.

Assembly Steps:

1. **Place the Sauna Floor Panel:** Position the floor panel in the desired location.
2. **Backboard Installation:** Install the backboard. This step requires two boards to be installed against a wall or held to prevent instability.

3. **Side Panel Mounting:** Attach the side panels using the built-in buckles.
4. **Seat Plate Support Installation:** Install the support for the seat plate.
5. **Seat Plate Internal Wiring:** Connect the internal wiring for the seat plate. Ensure all connections are secure.
6. **Pedestal Mounting:** Install the pedestal.
7. **Door Panel Installation:** Attach the door panel using the built-in buckle installation.
8. **Top Plate Installation:** Carefully place the top plate. Before securing, remove the built-in wiring of the cover plate.
9. **Top Panel Wiring:** Connect the wiring for the top panel. Cover the top panel after wiring is complete.
10. **Door Handle Installation:** Install the door handle. The handle includes a card slot designed to hold a mobile phone or iPad.

4. OPERATING INSTRUCTIONS

Your HOSAUNA Far Infrared Sauna is designed for ease of use with an intuitive control panel. Follow these steps for a safe and effective sauna session.

Starting a Session:

1. **Power On:** Ensure the sauna is properly plugged into a grounded 110V-120V AC outlet. Turn on the main power switch, if applicable.
2. **Set Temperature:** Use the control panel to set your desired temperature. The sauna can reach up to 60°C (140°F) in 10-15 minutes and operates efficiently between 15°C to 65°C (59°F to 149°F).
3. **Set Timer:** Use the control panel to set your desired session duration, typically between 1-60 minutes.
4. **Preheat:** Allow the sauna to preheat to your desired temperature. This usually takes 10-15 minutes.
5. **Enter Sauna:** Once preheated, enter the sauna and close the door securely.
6. **Adjust Settings:** During your session, you can adjust the temperature and time as needed using the control panel.
7. **Enjoy Features:** Utilize the built-in Bluetooth speakers for music and the LED lighting to enhance your experience.

Ending a Session:

- The sauna will automatically shut off once the timer expires.
- You can manually end a session by pressing the power button on the control panel.
- After your session, exit the sauna and allow it to cool down before cleaning.

SINGLE SAUNA ROOM & WHOLE BODY HEATING

7-piece epoxy board surround heating



Image 4.1: Illustration of the 7-piece epoxy board surround heating, targeting back, hand, and foot areas for comprehensive warmth.

5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your HOSAUNA Far Infrared Sauna.

- **Cleaning:** After each use, wipe down the interior with a clean, dry towel. For deeper cleaning, use a damp cloth with mild soap and water, then dry thoroughly. Avoid harsh chemicals or abrasive cleaners.
- **Wood Care:** The Red Okoume wood is treated with an oil-based varnish. Avoid excessive moisture to prevent warping or damage.
- **Electrical Components:** Periodically check all electrical connections for tightness and signs of wear. If any damage is observed, discontinue use and contact customer support.
- **Ventilation:** Ensure the air vent is clear of obstructions for proper airflow.

6. TROUBLESHOOTING

If you encounter any issues with your HOSAUNA Far Infrared Sauna, refer to the following common problems and solutions.

Problem	Possible Cause	Solution
Sauna does not power on.	No power supply; loose connection; faulty power switch.	Check if the power cord is securely plugged in. Verify the outlet is functional. Ensure all internal wiring connections are secure. Contact customer support if the issue persists.
Sauna not heating up.	Temperature setting too low; heating elements malfunction; wiring issue.	Increase the temperature setting on the control panel. Allow sufficient preheating time (10-15 minutes). If the sauna does not reach the set temperature, contact customer support.
Control panel buttons are reversed (e.g., timer button changes temperature).	Manufacturing anomaly.	This is a known occasional issue. While not affecting functionality, please be aware that the labels for temperature and timer controls may be swapped. Operate accordingly.
Sauna does not reach 140°F (60°C) or takes longer than expected.	Environmental factors (room temperature); insulation issues; heater efficiency.	Ensure the room temperature is not excessively cold. Allow more time for the sauna to reach its maximum temperature, as it may take up to 40 minutes to reach 135°F (57°C) in some conditions. Ensure the door is fully closed and sealed.
Bluetooth speakers not connecting.	Bluetooth device not discoverable; incorrect pairing.	Ensure your device's Bluetooth is on and discoverable. Refer to your device's manual for pairing instructions. Restart both the sauna and your device.

7. SPECIFICATIONS

Feature	Detail
Model Number	HM1-A01
Product Dimensions (L x W x H)	32 x 32 x 63 inches
Weight Capacity	Up to 265 lbs
Power Requirement	1080W, 110V-120V AC
Heating Elements	7 Graphene Far Infrared Panels
Temperature Range	15°C - 65°C (59°F - 149°F)
Timer Range	1-60 Minutes

Feature	Detail
Wood Type	Red Okoume Wood
Door Type	Tempered Glass
Additional Features	Bluetooth Speakers, LED Lighting, Air Vent, Low EMF Technology
Certifications	UL Certified Electrical Components, CE Standards



Image 7.1: Detailed dimensions of the HOSAUNA Far Infrared Sauna.

8. WARRANTY AND SUPPORT

HOSAUNA stands behind the quality of its products. Your Far Infrared Sauna is backed by a **20-year warranty**.

Customer Support:

For any questions, concerns, or assistance with hardware defects or transportation damage during installation, please contact our dedicated year-round support team. You can reach us via the "seller message" option on the platform where you purchased the product.

We are committed to providing exceptional service and support to ensure your satisfaction.



Image 8.1: Contact information for customer support regarding product issues.